

Isticmaalka Waji Gashadka Marada ah Waxa ay Yaraysaa Faafitaanka COVID-19

Hadii aad guriga ka baxays, waxa aad xidhataa marada waji gashadka ah.

Waaxda Caafimaadku waxa ay ku talinaysaa in dhamaan reer Vermonter ay xidhaan waji gashadka marada ah marka ay guriga ka baxayaan si markaa ay u yarayo faafitaanka COVID-19. Taladani waxa ay ku salaysan tahay macluumaadka cusub oo laga heley sida uu u faafo COVID-19 xataa kahor inta aanu qofku wax calaamad ah muujin. Waji gashadku waxa uu kaa caawin karaa inaad ilaalso dadka kugu xeeran hadii aad qabto caabuqa oo aanad markaa ogayn.



Waji gashadku waxa weeye hal talaabo oo kale oo taxadir ah oo markaa kaa caawinaya yaraynta faafitaanka COVID-19 – oo **ma badalayo kala fogaanshaha iyo talaabooyinka kale ee taxadirka**. Waxa aad weli u jirsan kartaa 6 fuush dadka, marka aad xidhan tahay waji gashadka.

Waji gashadka marada ahi waxa ee lagu talinaya **maaha** waji gashadka qaliinka ee N-95. Noocyadan waji gashadku waxa weeye agab muhiim ah oo ay tahay in loo diyaariyo shaqaalaha daryeelka caafimaadka iyo shaqaalaha gurmadka degdeg ah. Fadlan ka samayso waji gashadkaaga alaabta guriga (ka eeg macluumaad badan dhabarka).

Tusaalayaasha goorta la xidhanayo waji gashadka	Tusaalayaasha goorta aan la xidhanayn waji gashadka
Marka la tagasho tukaanka, farmasiga dhakhtarka ama isbitaalka	Marka lasoo mijo baxsanayo ee la lugaynayo kaynta ama xaafada. Soo qaado hadii ay dhacdo inaad cid iska hor timaadaan oo aad markaa inta aad wada istaagtaan aad wada sheekeysataan si aad u gaashato
Shaqaalahi daruuriga ah ee tukaanka, farmasiga, ama habdhismeedka ganacsiga kale halkaas oo ayna markaa isku jirisan karin 6 fuudh masaafad ah oo markaa iyaga iyo dadka kale u dhaxaysa	Guriga, hadii qof kasta oo guriga joogaa aanu wax calaamad ah muujinin
Guriga hadii aad xanuunsanayso oo dad kalena ay kula joogaan	Inaad soo orodo jidka baaskiilku maro, iyada oo dad badani joogaan moojee
Shaqaalahi daryeelka gurgia ee dadka nuqul	<p>Yay tahay in aanu waligii xidhan waji gashadka:</p> <ul style="list-style-type: none"> • Caruurta ka yaryar 2 sano jir • qof kasta oo neefsigu ku adag yahay, ama suuxsan • qof kasta oo aan iska saari karin waji gashadka iyada oo laga caawiyo moojee
Raacitaanka basta, tagsiga, ama gaadiidka la wadaago	
Lugaynta wadooyinka dadka badan ku sugan yihiin	

Waa maxay waji duubku?

Waji gashadku waxaa weeye maro si wanaagsan wajiga ugu xidhanta (sida shalmad ama khimaad) taas oo markaa afka iyo sanka lagu xidho.

Maxaanu tan ugu talinaynaa wakhtigan?

Waxaa jira wax badan oo aanu weli ka ogaanayno COVID-19. Laakiin, waxaa jira cadaymo isasoo taraya oo ay in dadka aan lahayn wax calaamado ahi ay faafin karaan ah fayruska, oo markaa candhuufa kasoo duulaysa marka ay neefsadaan, hadlaan ama ay cunaha sufaystaan ay markaa dadku iskugu gudbin karaan COVID-19. Waxa aanu sii wadi doonaa fikirka joogitaanka guriga iyo iay dadku kala fogaadaan iyo in gacmaha la nadifiyo inay yihiin qaabka ugu wanaagsan ee loo

joojin karo faafitaanka COVID-19. Markaa talada in dadka reer Vermont ay isticmaalaan waji gashadku, waxa ay weeye talaabo dheeraad ah oo markaa lagu yaraynayo faafitaanka.

Sida loo xidhanayo waji gashadka marada ah:

Marada wajiga lagu duubayaa waa inay noqotaa -

- mid cufan laakiin aan dhib lahayn oo si wanaagsan afka u xidhaysa.
- lagu xidhi karo nigtaynka ama dhagaha lasoo gelin karo.
- waxa ay leeyahay lakabyo maro ah.
- laga dhax neefsan karo bilaa xadidaad.
- Ia maydi karo oo markaana lagu qalajin karo mishiinka iyada oo aan markaa waxyeeloobin ama qaabkeedu is badalin.



Nadiifi waji gashadka maalin kasta, gacan ama qasaalad, adiga oo saabuun isticmaalaya.

Qasaaladu waa inay si wanaagsan u maydi kartaa waji gashadka. Waxa aad xaqiijisaa in gebi ahaanba uu qalalan yahay kahor inta aanad isticmaalin. Waa inaad haysataa dhawr midh si aad markaa kolba mid u xidhan karto.

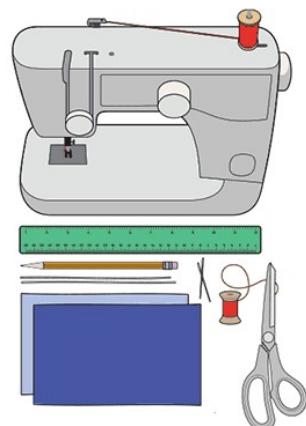
Waxa aad iskaga saartaa oo aad u dhigataa meel si amaan ah oo munaasab ah.

- Ha taabanin indhahaaga, sinkaaga iyo afkaaga marka aad iska saarayso.
- Isla markaba waxa aad maydhaa gacmahaaga marka aad iska saarto.
- Ha dhigin meesha ay dadka kale taaban karaan ama kabadh ama miis dushii.

Adiga mid kuu gaar ah samayo.

CDC waxa ay ku talinaysaa inaad samaysato waji gashadkaaga adiga oo u maraya dhawr qaab, oo ay ku jiraan inaad ku tosho dawaar ama gacanta, ama in aanad tolin oo aad isticmaasho garan iyo maqas, iyo nooca aan la tolin oo ah masarka. Waa kan linkiga CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



Wixii macluumaaad dheeraad ah waxaa laga heli karaan websaytkeena:
www.healthvermont.gov/COVID-19

Using Cloth Face Coverings to Help Slow the Spread of COVID-19

If you need to leave your home, wear a cloth face covering.

The Health Department recommends that all Vermonters wear cloth face coverings when outside of the home to help slow the spread of COVID-19. This advice is based on new data about how COVID-19 can spread before a person has any symptoms. A mask helps protect others around you if you are infected and don't know it.

A face covering is one more precaution we can take to help slow the spread of COVID-19 – and is **not a substitute for physical distancing and other prevention measures**. You still need to stay at least 6 feet away from people, even when wearing a face covering.



The cloth face coverings recommended are **not** surgical masks or N-95 respirators. These types of masks are critical supplies that must be reserved for our health care workers and first responders. Please make your own face coverings with household items (see more on the back).

Examples of when to wear a face covering	Examples of when you don't need to wear a face covering
Trips to the grocery store, pharmacy, doctor or hospital	Going for a walk in the woods or in your neighborhood. But bring one in case you encounter other people and stop to chat
Essential workers at a grocery store, pharmacy, or other business setting where they cannot maintain at least 6 feet distance between themselves and others	At home, if everyone in the home isn't showing symptoms
At home if you are sick and have other people in the house	Going for a run on the bike path, if it's not too crowded
Home care workers caring for vulnerable populations	Who should never wear a mask: <ul style="list-style-type: none"> • children under the age of 2 • anyone who has trouble breathing, or is unconscious • anyone who is unable to remove the mask without assistance
Riding the bus, taxi, or ride share	
Walking on a busy and crowded street	

What is a face covering?

A face covering is any well-secured cloth (like a bandana or scarf) that covers your mouth and nose.

Why are you recommending this now?

There is a lot we are still learning about COVID-19. However, there is increased evidence that people without symptoms may be able to spread the virus, and that droplets produced when breathing, speaking, or clearing your throat may spread COVID-19 from person-to-person. We continue to think staying home and practicing physical distancing and good hand hygiene are the most important ways to stop the spread of COVID-19. By recommending that Vermonters use a face covering, we are adding one more action to help reduce the spread.

How to wear a cloth face covering:

Cloth face coverings should —

- fit snugly but comfortably against the side of the face.
- be secured with ties or ear loops.
- include multiple layers of fabric.
- allow for breathing without restriction.
- be able to be laundered and machine dried without damage or change to shape.

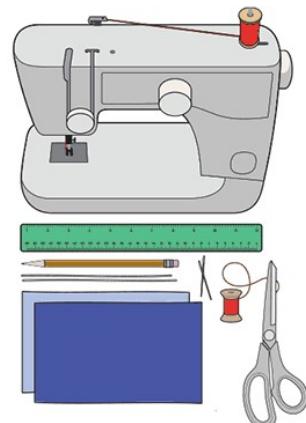


Clean cloth face coverings daily, by hand or machine, using detergent.

A washing machine should suffice to properly wash a cloth face covering. Make sure it's completely dry before using. You should have a few on hand so you can rotate for washing.

Remove and store it properly and safely.

- Do not touch your eyes, nose and mouth when removing it.
- Immediately wash your hands after removing it.
- Don't put it where others can touch it or on counter tops or tables.



Make your own.

CDC has [instructions on making your own coverings](#) in several different methods, including machine or hand-sewn, a no-sew method with a t-shirt and scissors, and a no-sew method with a bandana.

For more information, visit www.healthvermont.gov/COVID-19.